

Health News this month



PRODUCT of the MONTH



Just in time for Christmas gift giving and stocking stuffers!

Great ideas for body and home...check out our organic essential oils and aromatherapy products like diffusers, spritzers and inhalers. Want a ready made option? Try Dr. Wanda Lee's essential oil rollers and organic creams and butters!

Pillows, supplements, shakes, greens, and readymade orthotics are also on the shelves. A great option for gifts that make a healthy difference for those you love.

Get 10% off EVERYTHING for the month of DECEMBER!

PLUS check out our special 2020 gift bundles to save the tax (15%) and get a free bonus too!

Save and Shop Local!

Is the sky falling? I don't buy it!

Now more then ever, it seems like a lot of people are living in absolute fear and terror of what may or may not happen next. One thing that has helped me through this crazy year is learning to see a problem "as big as it is" but not "bigger than it is".

There are times when not being able to fly to see my family in Ontario or see our kids at university this year has been hard. Financially this year, all small businesses including ours have taken a hit with some much worse than others. It has been a year of challenges for almost everyone.

When these things happen, lots of us activate our sympathetic nerve system (fight or flight) and buy into the collective terror being focussed on by the media, both paper and online. As a little physiology lesson, the sympathetic nerve system's job is to elevate stress hormones called cortisol and adrenalin. These hormones prepare the body for fighting and/or surviving but come at the expense of the parasympathetic nerve system. The parasympathetic system is what activates healing, creation, love, inspiration and other "background" body things like digestion and immune function.

I propose that we do our best to see the current state of affairs as it is, and not bigger then it is!

Here are my top ways to stay empowered and in control of your life and direction :

1. Most of us need a media "fast" - stop watching and reading the news (except for Dr Strang).
2. Stop hanging around friends or family who are doing too much of #1. Seriously, protect your mind and thoughts.
3. Get regular exercise and go OUTSIDE where and when its safe to do so. It strengthens your body's immune system and is good for your mental health too.
4. Consume healthy foods that fuel you and strengthen your immune system. (I know personally, when I am living in stress mode I like to eat whole bags of chips....trust me, it doesn't help!)
5. Take essential fatty acids daily (eg fish oil).

(Continued on Page 2)





RECIPE OF THE MONTH

Chewy Chocolate-Ginger Cookies

These are adapted by Dr. Wanda Lee from Martha Stewart recipe so they can be gluten free but they are a once a year treat that we all love! We reprint this each Dec by request...enjoy 📺

INGREDIENTS:

- 1 1/2 c plus 1 tbsp gluten free flour blend suitable for cookies
- 1 tsp ground cinnamon
- 1/4 tsp freshly grated nutmeg
- 1 1/4 tsp ground ginger
- 1/4 tsp ground cloves
- 1 tbsp cacao powder
- 1/2 c unsalted butter (room temp)
- 1/2 c dark brown sugar, packed (you can sub coconut sugar as well)
- 1 tbsp grated, peeled fresh ginger
- 1/4 c molasses
- 1 tsp baking soda
- 1 1/2 tsp boiling water
- 7 oz chocolate cut into chunks
- 1/4 c of coconut or granulated sugar (for rolling)

DIRECTIONS:

1. Preheat oven to 325.
2. Line 2 baking sheets with parchment.
3. In a med. bowl sift first 6 ingredients.
4. In an electric mixer, beat butter and grated ginger until light (ap. 4 min).
5. Add brown sugar, beat, add molasses and beat until combined.
6. In a small bowl, dissolve baking soda in boiling water.
7. Beat half of flour mix into butter mix.
8. Beat in baking soda mix.
9. Beat in remaining flour mix.
10. Stir in chocolate and turn out onto plastic wrap.
11. Pat dough out 1 inch thick and refrigerate until firm (2 hrs or overnight - sometimes I use freezer for 45 mins).
12. Roll dough into 1 1/2 in. balls and place 2 inches apart on baking sheet.
13. Refrigerate 20 mins then roll in sugar.
14. Bake until surfaces crack slightly, about 10-12 min and rotating half way through.
15. Let cool on sheets 5 mins. Transfer to a wire rack to cool completely.
16. Try to keep from eating them all.

PATIENT STORY OF THE MONTH

We ❤️ to share these stories and more!
Thank you for letting us be your health partner for 2020!



Want to share your story? We post one on Facebook most weeks to celebrate our client's great wins and bring inspiration to others to get well and live better. Let us know at the front desk or at your adjustment visit and we can make it happen :)

REQUIRED DISCLAIMER This story is reprinted with signed permission. Results are unique to each individual and may vary. This is not meant to imply or guarantee results for others.

(Continued from Page 1 **Is the sky falling? I don't buy it!**)

6. Take at least 1000 mg(IU) of vitamin D per 50 lbs of body weight, daily. For me, I take "Dr Wandas Vitamin D Boost" as it contains vitamin K and few other essential goodies not commonly found in other cheaper brands. I take 5000 mg/day which is safe but above that I would want a blood test. This is especially important in the dark winter months - it is no coincidence that flu season and "the second wave" happen this time of year.

7. I take a good wide spectrum probiotic daily. Again check out" Dr Wandas" it is loaded with over 25 billion healthy bacteria per capsule with 9 different probiotic strains. It helps the gut and by extension the brain and your immune system.

8. I also take " Dr Wandas Stress ReBalancer". Check our website to see the numerous natural ingredients in this supplement that are clinically proven to help shift your nerve system from sympathetic overload to better balance.

9. Get regular chiropractic adjustments as it is also a key way to improve your body's ability to function in these stressful times, helping to reset the sympathetic response and encourage balance to parasympathetics.

10. Mediate! I have done this regularly for several years. The benefits to starting your day connecting to a higher power and that unified field of collective consciousness that we are all a part of is life-giving.

Remember, this too shall pass! It looks like a vaccine may be around the corner and technology and the collective will of the world is behind finding solutions. The research into Vitamin D has been extraordinary and we see more than ever the positive impact of staying healthy so we can survive and thrive with these new threats and new stresses. How cool is that!

Whomever you are blessed to be with this Christmas, enjoy the time we have and use social media to connect to those you are not able to be with this year. That is the best way to use technology!

Merry Christmas and Happy Holidays from Dr Andrew and Dr Wanda Lee ❤️

CALENDAR OF EVENTS



HOLIDAY HOURS 2020

CHIROPRACTIC HOURS:

We are **OPEN** regular hours on **MONDAY thru WEDNESDAY, December 21, 22 and 23.** The docs have extend hours as needed to get everyone taken care of before the "big day".

The clinic will be closed **December 24, 25 and 28 and New Year's Day.**

DR ANDREW's OPEN HOURS

**Tuesday, Dec 29 - PM hours
Wednesday, Dec 30 - AM hours
Thursday Dec 31 - AM hours
(Closing at 1 pm)**

DR WANDA LEE's OPEN HOURS

**Wednesday, Dec 30 - PM hours
Thursday Dec 31 - AM hours
(Closing at 1 pm)**

MASSAGE THERAPY HOURS:

Stephanie will be closed on December 24 - Dec 28 and back in the clinic on Tuesday December 29th.

STEPHANIE's OPEN HOURS

**Wednesday, Dec 30 8-4
Thursday Dec 31 PM
Sunday Jan 3 by appt.**

She is also closed on January 1, 2021.

December: |də-'sēm-bər| -n.

A month of lights, snow, and feasts. A time to make amends, and tie up loose ends. A time to finish what you started and hope that your dreams come true.



**ST MARGARET'S BAY
Chiropractic Centre**
BODY • FAMILY • LIFE



**HOLIDAY GIFT BUNDLES
NO TAX PLUS FREE BONUS!**

Give the gift of health (or treat yourself to a great deal) with our 2020 Holiday Gift bundles.

Flip the page to see our special combos!

We have chosen some of our best-selling products to make your shopping easier. There has never been a better time to support better health and wellness - and to shop local.

**BUNDLES AVAILABLE UNTIL DEC 22
OR WHILE SUPPLIES LAST.**

All other products are 10% off for December.

Shop in the clinic or order ahead and we can have them ready for quick pick up or set aside to for your next chiro or massage appointment visit.

CALL US AT 902-826-1088

EMAIL US AT INFO@STMARGARETSBAYCHIRO.COM

Dr. Wanda's Online Wellness and Nutrition Program

There is so much information these days. We hear clients say that they want to do better, eat better, and learn to make better choices...but it is overwhelming! Where do you start? Who can you trust? Sometimes it's easier to just give up...



Nutrition and More with Dr. Wanda's Wellness
Good health starts with making good decisions.

This program is here to help make that easier. We have created an easy-to-start, "one-stop" kickstart better health habits. We will cover sections on nutrition, meal planning, detoxes, food selection, and supplements. We will look at why we make those choices, the role of movement, setting goals and creating better self-care habits for sleep, stress-management, essential oils and more. You can make better choices, act in healthier ways and create an environment for optimal health and well-being for you and your family.

It is just \$59 for a full 13 module program. It is flexible to fit your time and delivered online so it is covid-safe and you can do at your own pace as well. At less than \$5 per week, this is an amazing opportunity to learn more, access the right tools, find out what do do first and create some momentum to live healthier, more energized and better than ever. Find our more here: <https://stmargaretsbaychiropracticcentre.vipmembervault.com/products/courses/>



We wish you
Happy Holidays
and a
Wonderful New Year

HINTS FOR SANTA!!

Massage gift certificates are available to make your shopping easier! No need to go to the mall when we can shop local



Give a Massage this Christmas



Gift certificates are also available for chiropractic care or to use in our store for supplements, organic oils, pillows, supports and more. No expiry!

We thank everyone for shopping in our community and supporting our fellow businesses during this year of challenge. Gift certificates are a gift to them and to the recipient!

ESSENTIAL OIL of the MONTH
Organic Therapeutic Essential Oil: FRANKINCENSE

What better oil to learn about in December than this King of Oils, Frankincense. This ancient and revered oil was one of the gifts of the Kings to the baby Jesus in the Bible and is mentioned in many other texts over thousands of years.



Today, we still love Frankincense! It is a distinctive scent and we are seeing science add to the tradition of healing for this oil. It is steam distilled from the resin of the Boswellia serrata (picture).

This is one of the most well researched and multi-purpose essential oils to add to your stock! It is a proven tool for cell repair which makes it a great healing aid as well as a strong anti-aging remedy. It is wonderful as a few drops in bathwater, in a bath salt blend, skin lotion or cream or in your diffuser. Frankincense blends well with a medium note like Lavender and a high note like Sweet Orange to lift it's wonderful earthiness.

Potential Benefits of Frankincense Essential Oil:

Helps Reduce Stress Reactions & Negative Emotions

When inhaled, it has been shown to reduce heart rate and high blood pressure. It has shown mood improvements in those with mild depression and reduces feelings of anxiety in studies. As an added benefit, it does not cause unwanted drowsiness despite calming.

Helps Boost Immune System Function and Prevents Illness.

Studies have demonstrated that frankincense has immune enhancing abilities which may help destroy dangerous bacteria and viruses. Frankincense oil has been shown to help fight cells of specific types of cancer. A 2012 study even found that a chemical compound found in frankincense called AKBA is successful at killing cancer cells that have become resistant to chemotherapy. Frankincense is an antiseptic and disinfectant. It has the ability to help kill cold and flu germs from the home and the body naturally and can be used in place of chemical household cleaners.

Heals Skin and Prevents Signs of Aging

Frankincense has the ability to strengthen skin and improve its tone, elasticity, defence mechanisms against bacteria or blemishes, and appearance as someone ages. It helps tone and lift skin, reduces appearance of scars and acne, and improves wound healing.

Dr. Wanda Lee has chosen Frankincense for our Anti-Aging blend for this reason!

Balances Hormone Levels

Frankincense oil can reduce symptoms associated with menstruation and menopause by balancing hormone levels. Frankincense oil also helps with regulating estrogen production.

Eases Digestion

Frankincense helps the digestive system to properly detox and speeds up the secretion of digestive enzymes. It has been shown to be beneficial in helping to reduce symptoms in those with leaky gut syndrome, chronic colitis, ulcerative colitis, Crohn's disease, and IBS. (Reminder: ingesting essential oils is not generally recommended - this is aromatherapy!)

Helps Decrease Inflammation and Pain

Frankincense can inhibit the production of key inflammatory molecules. It can be useful in helping to prevent the breakdown of the cartilage tissue and has been shown to significantly reduce levels of dangerous and painful inflammation, making it a natural treatment option for pain-related conditions that effect the muscles, joints, and tendons. **It is also a part of Dr. Wanda Lee's Muscle Relaxing Blends to help ease and relax.**

Risks and Side Effects:

To date there are no reported serious side effects of using Frankincense oil, as long as you do not ingest large quantities which can result in it becoming toxic. We do not recommend ingesting oils unless they are specifically food-grade preparations (ours are NOT with the exception of oil of oregano). The oil may possibly have potential to negatively react with certain anticoagulant medications when taken internally so it is not recommended if you take these medications. (References available on request)

HOLIDAY GIFT BUNDLES NO TAX PLUS FREE BONUS!



AROMATHERAPY BUNDLES:

Relax Combo - Includes: Relax Aromatherapy organic oil blend, Pebble diffuser stone, Relax organic aromatherapy spray by Dr Wanda and one organic chamomile soap.

TAX FREE TOTAL \$64.50

FREE BONUS: free aromatherapy bracelet (and Save \$25.70)

Revive Combo - Includes Boost aromatherapy organic oil blend, Pebble diffuser stone, Revive organic aromatherapy spray by Dr Wanda and one organic mint soap.

TAX FREE TOTAL \$64.50

FREE BONUS: free aromatherapy bracelet (and SAVE \$25.70)

STOCKING STUFFER BUNDLE - YOU PICK!

Your choice of an organic soap, natural deodorant, aDr Bronners mini toothpaste and an organic lip balm.

TAX FREE TOTAL: \$30.50

FREE BONUS: Dr. Wanda's Muscle Relaxing Roller (and SAVE \$14.58!)

SUPPLEMENTS PLUS BUNDLES:

Arthritis Support Combo - Includes: Joint Formula Plus, Biofreeze spray or roller, Nutrisea Omega Arthritis blend

TAX FREE TOTAL \$121.00

FREE BONUS: free Dr. Wanda's Muscle Cream or Inflammation Cream (SAVE \$34.15)

Winter Wellness Combo - Includes a bottle of Oregano Oil drops, Power C Plus and Burst of Sunshine Vitamin D.

TAX FREE TOTAL \$81.00

FREE BONUS: free Dr. Wanda's AntiAging cream (Save \$28.18)

The Basics Combo - Includes the top 3 recommended supplements all in one easy pack!

Probiotic Power (30, Burst of Sunshine Vitamin D3 and Nutrisea Omega 3+D.

TAX FREE TOTAL \$105.00

FREE BONUS: free Hack Your Health book (Save \$45.75)



Goodbye 2020: The Stress-Buster Combo - Includes a bottle of Dr. Wanda's Wellness Stress Rebalancer, a bar of organic Lavender soap, one pebble diffuser and a bottle of organic Lavender essential oil or any one of our tin blends (Pur, Breathe, Boost, or Relax organic aromatherapy)

TAX FREE TOTAL \$99.00

FREE BONUS: Choose a free essential oil candle, roller or cream by Dr. Wanda's Organics (Save \$34.50)

**NO TAX BONUS BUNDLES:
Save 15% and receive a free gift for you too!
All other products are 10% off for December.**